Whether you are a friend, family member or it’s someone you just met. We all have a role to help

Useful Helplines

Young People should call: ChildLine
Tel: 0800 1111
Samaritans
Tel: 116 123
Young Minds Parents Helpline
Tel: 0808 8025544

Adults should call Samaritans
Tel: 116 123

What you can do to help someone who is feeling suicidal

Mental and emotional distress is everyone’s business and we can all help to make a difference
**Top Tips for helping someone feeling suicidal**

**Stay Calm** - It may be uncomfortable listening but try not to let your own emotional response prevent you from hearing what the person is saying and what their body language is telling you.

*Talking about self-harm and suicide does not increase the risks!*

**Listen** - Just being listened to can be a brilliant support and bring great relief to people, particularly if they have never spoken to anyone about their self-harming or suicidal thought before. The fact that they have chosen you means they feel comfortable speaking to you.

*Don’t be seen to ‘pass them on’.*

**Take Them Seriously** - Do not ignore or dismiss the feelings or behaviour of someone nor see it as attention-seeking or manipulative. Do not be judgemental.

*Most people who self-harm are not suicidal, but people who self-harm are more likely to accidentally complete suicide.*

**Confidentiality and Young People** - When talking to a young person you should never agree to keep risk-taking behaviour to yourself. Be sensitive and explain from the start that in order to help keep them safe you may need to pass on information to their parents/carers, your line manager or safeguarding lead or CAMHS.

**Confidentiality and Adults** - Do not keep concerns to yourself - helping someone is a wonderful opportunity but it can also be stressful. Share your concerns with someone you can trust, they may be able to help you to consider and manage the risk.

**Clarify** whether or not there are immediate needs for medical attention or urgent help to keep the person safe and respond accordingly.

*For urgent medical attention Tel: 999*

*Non urgent medical help Tel: 111 or persons own GP*

**Do Not Act in Haste** - Give the person time to try and find out what is causing their distress and what will be of help. Act according to the needs raised - this will often be encouraging the person to see their GP who will be able to provide medical support and if required make a referral to relevant helping services, like mental health services.

**Make sure you are available for the person for the following few days/weeks.** If you are not available make sure they know where to seek support - see over.